



ONECHURCH

CALL TO
Prayer



ONE CHURCH

LISTENING GUIDE

What is Guided Listening?

- Guided Listening assists us in connecting with God.
- Using various practices and postures to intentionally set us up for deeper intimacy and relationship with Jesus, Abba, and Holy Spirit.

A PRACTICE FOR PREPARING OUR SPIRIT, SOUL, AND BODY

NEEDED ITEMS BEFORE YOU GET STARTED

Bible. Journal. Candle.

Music (“New Wine” by Maverick City)

Quiet Place of Peace (in nature or indoors)

20-30 minutes of uninterrupted time.

Scheduling this time may be important for you—to give yourself adequate time to wait upon the Lord.

It is impossible to go deep on the run.

PRACTICE OF PREPARATION 1

- **Play the song** “New Wine”, or another worship song that draws you into worship.
- As you listen, breath, relax and center your thoughts on Jesus.
- **Listen to your breath.** Imagine your breath flowing from your lungs, through your heart and out your nose.
- This is called a **Heart Breath**.
- Do this Heart Breath Practice for one minute.
- When you feel ready, **light your candle**.
- Lighting the candle is a way to symbolize the union between you (the candle) and Holy Spirit (the flame).

PRACTICE OF PREPARATION 2

- **Spend a few moments in silence**, breathing and noticing the Holy Spirit drawing near to you as you draw near to Holy Spirit (James 4:8)
- **Write in your Journal** a response to this prompt:
I come today....
- Followed by **3 things for which you are GRATEFUL.**
- Allow both to be prayers you offer Yahweh as you enter into this pace today.
- **Stay in this flow** with the Holy Spirit as you continue.
- **At the end of each day spend 5-10 minutes** just listening for anything the Holy Spirit may be saying. Record that in your journal.

One DAY

1. Each day start with the **Practice of Preparation** (found on the full version).
2. We find ourselves in a difficult place.
3. I invite you to **write on a note card**, the fears, worries, lies, and negativity you are experiencing about One Church.
4. Let us collectively imagine ourselves laying those at the feet of Jesus. **For nothing is too hard for God.** (Luke 18:27, Mark 10:27).

I encourage you to say aloud this prayer
as you confess each worry or
fear before the Lord.

Father God,

1 Peter 5:6-10- *Reminds me to humble myself before you God, and because you care for me, you tell me to cast all my worries and fears upon You God.* So today, I confess my fear before you that...(Your fear).

I *“Trust in You Lord with all my heart.*

Forgive me for my unbelief and for trusting in myself more than I trust You Holy God.

I remember your faithfulness! I Praise You for all the ways you have been my source of help, strength and salvation.

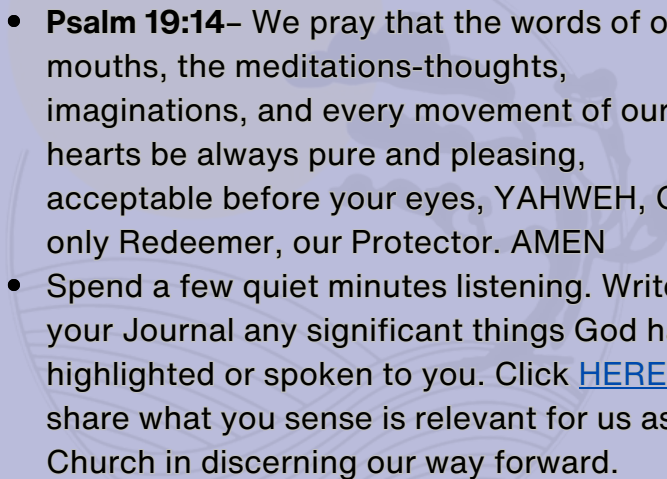
Let Us

CONTINUE TO PRAY

- I thank You for One Church. It is a place of healing and refuge. Thank you for our Pastors. They are a precious gift and I pray you cover them, lead them, and provide from them in every way with abundance! *(Add your own prayer)*
- Thank you for the ways you have brought us through our many transitions and transformations.



- We open our hearts and minds to you Holy Spirit.
- **Luke 1:37**-Lord God of Heaven and earth, we cling to our Faith in Jesus as, our Savior and Lord. For Nothing is impossible with God!
- Praying **Matthew 6:33-34**-Teach us how to seek you first.
- Praying **Proverbs 3:5-6**-We commit to follow you through these deep waters.
- **Psalms 46:1**-God You are our place of refuge and strength. You are a proven help in times of trouble!
- **Hebrews 4:16** We collectively declare our trust in Holy Spirit to lead us. This day we lay down our concerns. We accept your invitation to draw near — freely and boldly—to where GRACE is enthroned, to receive MERCY's kiss, and to discover the GRACE we urgently need, to strengthen us in our time of weakness.

- 
- **Psalm 19:14**– We pray that the words of our mouths, the meditations-thoughts, imaginations, and every movement of our hearts be always pure and pleasing, acceptable before your eyes, YAHWEH, Our only Redeemer, our Protector. AMEN
 - Spend a few quiet minutes listening. Write in your Journal any significant things God has highlighted or spoken to you. Click [HERE](#) to share what you sense is relevant for us as a Church in discerning our way forward.

TWO DAY

Hearing from the Lord involves developing practices in our everyday rhythms of life that help us connect and stay in the place of union with God the Holy Spirit.

SOAKING Prayer is a Christian practice that involves spending time praying and resting in God's presence. The word **SOAKING** symbolizes how prayer can gradually heal and transform, similar to relaxing in warm water. Giving ourselves time to **SOAK IN PRAYER** gives us and Jesus time together to go beneath the surface and reach more of the area that needs healing—freeing us from anxiety and connecting us to the deeper movements of God in us and in the world around us. ***Psalm 63:1-3 and Psalm 23 are good examples of SOAKING PRAYER.***



The Practice of
Preparation
for Spirit, Soul,
and Body
is a **SOAKING
PRAYER PRACTICE.**

I invite you
to start with
The Practice of
Preparation
as you enter
in today.

(Song Suggestion:
Shadow of Shaddai,
by Stefani Gretzinger)

Listening for the voice and movement of the Holy Spirit can be overwhelming. I find these 4 tips from Mark Virkler helpful.

Stillness—To hear we need a quiet, still, uninterrupted space.

Vision—Imagination helps us connect with God through images and stories.

Spontaneity—Holy Spirit sounds like... Spontaneous thoughts that light upon your mind...a holy intuition.

Journaling—Gives us a way to record what we are hearing, and seeing —allowing us to check in with those we trust to confirm and affirm what we are hearing from God on a matter.

1. **STILLNESS**

- Find a **quiet and comfortable place**.
to sit with your feet on the ground, open hands in your lap comfortably.
- **Take a several deep breaths** as you center your thoughts and body with Jesus. Listen to your breath as you inhale and exhale.
- With the inhale—**listen for the YAH**. With your exhale—**listen for the WEH**. Imagine yourself sitting next to Jesus in a beautiful place where the two of you can talk and listen.

2. **VISION—**

- **As we read** these passages from the Bible—allow the truth and power of the word of God to mold you, lead you, and impart to you what is needed for this time of seeking God's heart together for One Church.

- Make space for **Holy Spirit to show you images, symbols, pictures** that may help you hear and understand.

3. **SPONTANEITY**

- Give attention to what you are seeing, feeling, imagining, as you hear. God's word coming out of your mouth.
- **Read aloud** with fresh eyes and an open heart **Jeremiah 29:11-14**– *“Here’s what Yahweh says to you: “I know all about the marvelous destiny I have in store for you, a future planned out in detail. My intention is not to harm you but to surround you with peace and prosperity and to give you a beautiful future, glistening with hope. When you call on me and come to me in prayer, I will listen to your every word. “If*

...you reach out to me, you will find me when you search for me with all your heart. I will not disappoint you,” declares Yahweh. “All that you have lost, I will restore, and I will regather you from all the nations where I have scattered you. I will bring you back home to the land from which I exiled you,” declares Yahweh.”

4. JOURNALING—

- **Write down any response** you have or receive from these passages in your journal that seems significant for you or for One Church.
- **Write without judgement** or hesitation. You can discern later.

- Give way for God to speak through your pen on the paper. This is a free flowing space.
- **Sharing what you see and hear:** You get to choose what you share or withhold.
- This is a **safe space**, free of judgement.
- **Spend a few quiet minutes listening.** Write in your Journal any significant things God has highlighted or spoken to you. Click [HERE](#) to share what you sense is relevant for us as a Church in discerning our way forward.

THREE DAY

- **Start with The Practice of Preparation.**
- Allow yourself to receive from the Holy Spirit as you Read **Psalm 34:1-11, 17-22**
 - What parts of this passage stick with you?
What is Holy Spirit saying to you through those parts that are being highlighting to you?
 - What does it look like for One Church to Worship in awe and wonder? To fear God?
 - What does it look like for One Church to hide in Christ? ...to join our life with His?
 - When we cry out in our distress, How will God deliver us?
 - **Journal your answers.**
 - **Spend a few quiet minutes listening. Write in your Journal things God has highlighted. Click [HERE](#) to share.**

FOUR DAY



The Practice of
Preparation
for Spirit, Soul,
and Body
is a **SOAKING
PRAYER PRACTICE.**

I invite you
to start with
The Practice of
Preparation
as you enter
in today.

(Song of Lament:
In the Stillness, by The
Many)

**TODAY let us turn ourselves toward lament.
It is a necessary part of our cry for help.**

- **Lament** is a personal and corporate response to many things: evil, sin, death, harm, discrimination, inequality, racism, sexism, colonization, oppression, and injustice.
- It is about **mourning the painful**, shameful, or sorrowful situation, about confessing sin and complicity and sorrow, about **calling God to intervene** and to change the situation.
- Finally, lament is about **offering thanksgiving and praise to God**, knowing that God will intervene and bring change, hope, and restoration.

1. **Lamentations 3:19-24–Open and read it.**
 - a. **Reading it a second time**, pay attention to the verses God is highlighting for you.
 - **Write down** those verses in your journal and why those particular verses seem significant for you or **for One Church**.
 - b. **Sit** with the Holy Spirit **and listen** for ABBA's invitations for you.
 - c. Then ask the Lord, **Are there any invitations for us as One Church?**
 - Click [HERE](#) to share in the collective **Journal** any response you have or receive, that seems significant for you or for One Church.

Lamentations 3:40-42, 55-58

- Are there any areas where God is highlighting a need for **forgiveness or repentance**?
 - Specifically listen with this in mind and heart —for yourself and then for One Church.
 - Journal what you feel, hear and see. This will be shared only as you feel comfortable.
 - **Thank God for His mercy**, grace and forgiveness.
 - Allow yourself to **hope with the Lord** for a few minutes concerning One Church.
 - Lay aside your fears, opinions, and troubling thoughts and listen again.
 - **What is God saying to you about One Church?**
 - Journal your response.

FIVE DAY

Spiritual director Caroline Oakes writes of the impact of a faithful practice of “centering-in”:

The spiritual journey begins with a pause, a centering-in-God pause, and over time becomes a constant and ceaseless prayer, an honoring of and **a connection with the Divine in you that awakens** your essential self.... This returning to our center again and again is a kind of in-and-out, in-and-out movement, like breathing: breathing in, we gather strength and calm, maybe an insight, maybe a sense of an injustice needing to be righted, and then breathing out, we go back out into the world to live into what we've been given and what we've received....

Mystic and theologian **Howard Thurman** (1899–1981) writes of the contemplative practice of making time to “center down”:

How good it is to center down!

To sit quietly and see one’s self pass by!

The streets of our minds
see the endless traffic;

Our spirits resound with clashings,
with noisy silences,

While something deep within
hungers and thirsts for
the still moment and the resting lull....

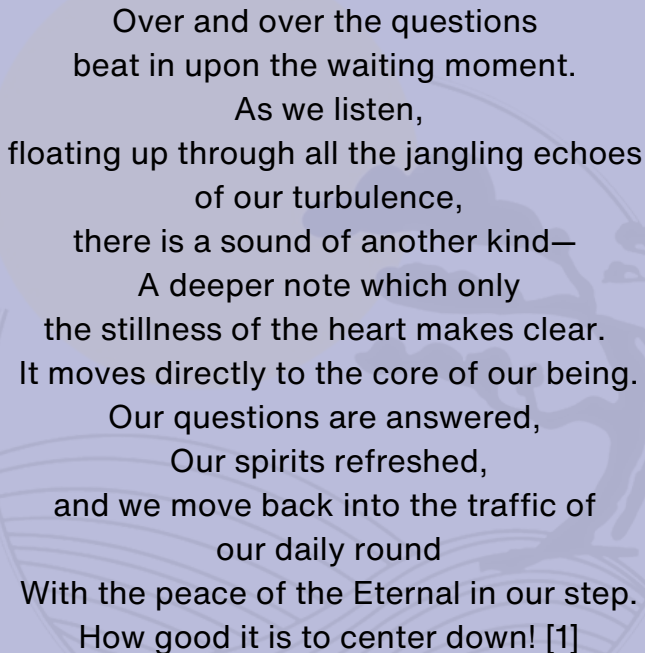
The questions persist:

What are we doing with our lives?

What are the motives that order our days?

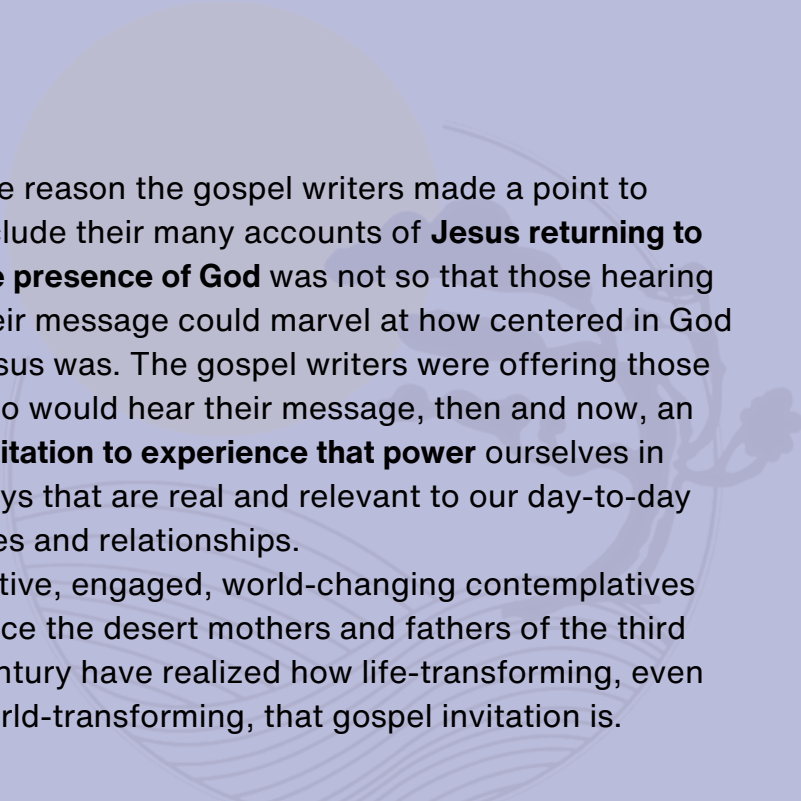
What is the end of our doings?

Where are we trying to go?...



Over and over the questions
beat in upon the waiting moment.
As we listen,
floating up through all the jangling echoes
of our turbulence,
there is a sound of another kind—
A deeper note which only
the stillness of the heart makes clear.
It moves directly to the core of our being.
Our questions are answered,
Our spirits refreshed,
and we move back into the traffic of
our daily round
With the peace of the Eternal in our step.
How good it is to center down! [1]

[1] Howard Thurman, *“How Good to Center Down!”* in *Meditations of the Heart* (Boston, MA: Beacon Press, 1953, 1981, 2022), 12–13.



The reason the gospel writers made a point to include their many accounts of **Jesus returning to the presence of God** was not so that those hearing their message could marvel at how centered in God Jesus was. The gospel writers were offering those who would hear their message, then and now, an **invitation to experience that power** ourselves in ways that are real and relevant to our day-to-day lives and relationships.

Active, engaged, world-changing contemplatives since the desert mothers and fathers of the third century have realized how life-transforming, even world-transforming, that gospel invitation is.

Practice Centering Down with these words from James 1, as you tune your heart to listen.

James 1:2-5 My fellow believers, when it seems as though you are facing nothing but difficulties, see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up in you the power of endurance. And then as your endurance grows even stronger, it will release perfection into every part of your being until there is nothing missing and nothing lacking. And if anyone longs to be wise, ask God for wisdom and he will give it! He won't see your lack of wisdom as an opportunity to scold you over your failures but he will overwhelm your failures with his generous grace.

James 1:6-8. Just make sure you ask empowered by confident faith without doubting that you will receive. For the ambivalent person believes one minute and doubts the next. Being undecided makes you become like the rough seas driven and tossed by the wind. You're up one minute and tossed down the next. When you are half-hearted and wavering it leaves you unstable. Can you really expect to receive anything from the Lord when you're in that condition? **1:12** If your faith remains strong, even while surrounded by life's difficulties, you will continue to experience the untold blessings of God! True happiness comes as you pass the test with faith, and receive the victorious crown of life promised to every lover of God!

James 1:17 Every gift God freely gives us is good and perfect, streaming down from the Father of lights, who shines from the heavens with no hidden shadow or darkness and is never subject to change.

19. My dearest brothers and sisters, take this to heart: Be quick to listen, but slow to speak. And be slow to become angry,

- Ask God for His wisdom for One Church.
- Then **sit quietly, listening** to hear what Holy Spirit is saying to you about One Church.
- Specifically **asking for next steps**—tangible actions we need to take in order to obey God's instructions for us as a body.
- **Give yourself time in the presence** today to listen, look and imagine with Holy Spirit for One Church.



**What other questions came up
with you and Holy Spirit during
this guided listening experience?**

**And what questions did you come
in with that still need prayer, and
listening?**

[Click HERE to share.](#)



**THANKFULNESS is key in proclaiming God's
faithfulness.**

- Let us take some time to Thank God for His provision and care for us as One Church.
- **Journal 5-10 things.** you are thankful to God for in relation to One Church.
- Please Share your list [HERE](#).
- **What hope** is God imparting to you from the time we have devoted to praying and listening?
- **What wisdom** and leadership have you received from God for One Church?
- What would God have us do **to love our neighborhood community?** Be as specific as you can as you share [HERE](#).